



## **Giles County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Giles County School System in 2007.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Giles County School System that includes:

- School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened or approved include student wellness policy and student psychological services policy
- Approximately \$500,000 has been secured by CSH staff through grant funding and in-kind services/materials to expand school health capacity for the Giles County School System.

Community Partnerships have been formed to address school health issues. Current partners include:

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| ➤ Giles County Health Council       | ➤ School of Nursing                |
| ➤ UT Extension                      | ➤ Leaps and Bounds Program         |
| ➤ Giles County Health Department    | ➤ Pre K Committee                  |
| ➤ Hillside Hospital                 | ➤ Frito Lay                        |
| ➤ Pulaski Citizen                   | ➤ First National Bank              |
| ➤ Centerstone Mental Health         | ➤ First Farmers and Merchants Bank |
| ➤ Giles EMS                         | ➤ Bank of Frankewing               |
| ➤ Fraternal Order of Police         | ➤ Air Evac                         |
| ➤ Giles County Sheriffs' Department | ➤ WKSR                             |
| ➤ American Heart Association        | ➤ Giles Development Center         |
| ➤ Suicide Prevention Network        | ➤ Giles County Highway Department  |
| ➤ DCS-Community Advisory Team       | ➤ Pulaski Electric System          |
| ➤ Martin Methodist College          | ➤ Giles County Lions Club          |
| ➤ Tennessee Technology Center       | ➤ Walgreens                        |
| ➤ Exchange Club                     | ➤ CVS Pharmacy                     |
| ➤ Columbia State Community College  | ➤ Rapid Care                       |
| ➤ Boys and Girls Club               | ➤ Physicians and Surgeons          |
|                                     | ➤ Minor Hill Community             |
|                                     | ➤ Metro Medical                    |
|                                     | ➤ Dixie Medical                    |
|                                     | ➤ Holley's Printing                |
|                                     | ➤ CandC Printing                   |

- |                                    |   |
|------------------------------------|---|
| ➤ Fred's Store                     | ➤ Southern Signs and Graphics               |
| ➤ Giles County Peer Education Team | ➤ Russell Signs                             |
| ➤ Richland Peer Education Team     | ➤ Richland Inn                              |
| ➤ Wal-Mart                         | ➤ Giles Co. Financial Management Department |
| ➤ Tumble Town                      | ➤ Pulaski Physical Therapy                  |
| ➤ Richland HOSA                    | ➤ Dr. Bonnie Taylor                         |
| ➤ Giles County HOSA                | ➤ Tennessee Highway Patrol                  |
| ➤ Richland FCCLA                   | ➤ Dr. Brandon Kassinger                     |
| ➤ Giles County FCCLA               | ➤ Dr. Tessa Reeves                          |
| ➤ Richland Leo                     | ➤ United Methodist Church                   |
| ➤ Giles County Leo                 | ➤ Focus Women's Health Clinic               |
| ➤ City of Pulaski                  | ➤ TENNderCare                               |
| ➤ Johnson's Food Town              | ➤ Southside PTO                             |
| ➤ Davis and Eslick                 | ➤ Victory Gym                               |
|                                    | ➤ Pulaski Recreation Center                 |
|                                    | ➤ St. Thomas Chest Pain Network             |

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities. Parents and grandparents serve on the Giles County Schools Health Advisory Council. In addition, parent volunteers at our school serve during health fairs, Fuel up to Play 60 events, walk-a-thons, Back to School events, Giles County Parent Involvement Fair, chaperoning, health-related field trips, student celebrations, family nights, field days, Fun Runs, School Health Screenings. Currently, 50 parents are collaborating with CSH.

Students have been engaged in CSH activities. Giles County and Richland High Schools each have Peer Education Teams. Students have served on Healthy School Teams, act as peer tutors, serve as exercise leaders during physical activities, assist with the annual Heart Walk, Lilies and Lace Mother/Daughter event and by highlighting a different health observance every month. Approximately 150 students are partnering with CSH to address school health issues.

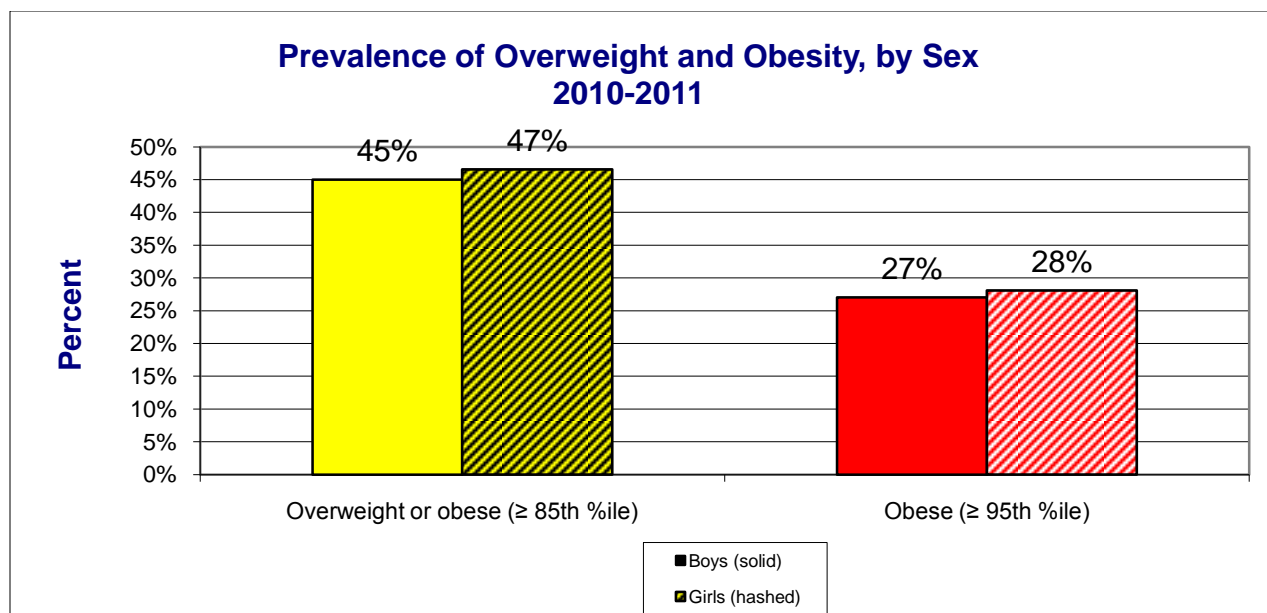
### **School Health Interventions**

Since CSH has been active in the Giles County School System, the following health interventions have taken place:

In 2010-2011, 35,658 students visited the school nurse, with 31,976 of those students returned to class after seeing the school nurse;

Student school health screenings for BMI, blood pressure, vision and hearing were provided free of charge to 1663 students. As a result of these screenings, 805 students were referred to health care providers for additional assessment.

BMI data has been collected that shows the severity of the childhood obesity epidemic in the Giles County School System.



Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include playground equipment, construction materials for walking trail, climbing walls, basketball goals, physical education equipment such as balls, jump ropes, hand weights, parachute volleyball, Wii portables for 4 schools, gymnasium mats, equipments for staff/student fitness rooms, Take 10! materials, health-related books for school libraries, Healthy Plate material for all 8 schools;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include physical education teachers have attended the TAPHERD annual Conference, Michigan Model training and Take 10! training, CSH overview for new staff and annual CSH update for current staff, CPR trainings, QPR and suicide prevention training, four nurses attended the annual TASN conference, diabetes update trainings, asthma 1-2-3. School faculty and staff have received support for their own well-being through free employee health screenings, flu and hepatitis B vaccinations, and employee wellness rooms (established in 3 schools).

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – health related books for school libraries, Character Counts, Power You, Take 10!, Michigan Model, national health observances recognized each month with activities, hand washing education, H1N1 education efforts, and Healthy Plate;
- Physical Education/Physical Activity Interventions – all physical education classes are taught by a certified physical education instructor that meets all K-12 physical education curriculum state standards and guidelines. CSH has provided

mini-grants for updated playground equipment. Some classroom teachers incorporate Take 10! curriculum into their daily curriculum. CSH has purchased basketball goals, exercise/physical education equipment, climbing walls, Wii's and physical activity initiatives. Healthy school teams lead schools lead schools in physical activity reward days. American Jump Rope For Heart is provided to all students in 8 schools. All eight schools participate in field/fun days. Our Project Diabetes grant provided adult and child fitness rooms and walking track;

- Nutrition Interventions – Giles County has a Registered Dietician on staff who follows the USDA guidelines to address student food allergies, special diets and new requirements. UT Extension provides food labs and portable food carts for learning. Go Slow, TNCEP nutrition education, Fresh Fruits and Veggie Grants, Summer Meal Program and Healthy Plate are all educational promotions that are instituted into the school system;
- Mental Health/Behavioral Health Interventions – mental health 101 training for high school students, suicide prevention training for faculty, Dating Violence Awareness Events, Lilies and Lace Mother/Daughter event, suicide prevention month are all special events or trainings that students and staff attend. Coordination of mental health services was enhanced as a result of implementing the state Schools and Mental Health Systems Integration grant.

The Giles County School System received \$67,000.00 through a Project Diabetes Grant and 24,000.00 from in-kind funds and services. Through this grant, Minor Hill School has been able to receive an adult and child fitness facility and an outdoor walking track for staff, students and the community.

The Giles County School System is currently partnering with the Office of School Climate and will receive 35,000.00 to integrate programs and initiatives in regards to safety and environment.

In such a short time, Coordinated School Health in the Giles County School System has made significant contributions to the well-being of students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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